



Spaghetti Bolognese

READY IN



30 min.

SERVINGS



30

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup canned tomatoes italian-style undrained ()
- 2 cloves garlic minced
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 0.5 lb ground beef lean
- 1 onion chopped
- 0.3 cup parmesan cheese grated kraft
- 0.3 lb pasta like spaghetti uncooked
- 2 Tbsp tomato paste

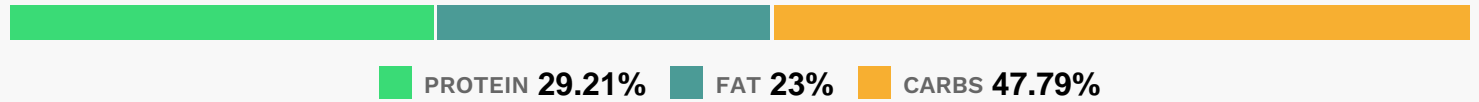
Equipment

- bowl
- frying pan

Directions

- Cook pasta as directed on package, omitting salt.
- Meanwhile, brown meat with onions and garlic in large nonstick skillet. Stir in tomatoes, tomato paste and dressing. Bring to boil; cook on medium-low heat 5 min. or until heated through, stirring occasionally.
- Drain pasta; place in large bowl.
- Add meat sauce; mix lightly.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:6.07, Glycemic Load:1.47, Inflammation Score:-1, Nutrition Score:1.9373913025079%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 35.46kcal (1.77%), Fat: 0.91g (1.4%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 3.86g (1.4%), Sugar: 0.85g (0.94%), Cholesterol: 5.41mg (1.8%), Sodium: 48.79mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.19%), Selenium: 4.17µg (5.95%), Zinc: 0.51mg (3.41%), Phosphorus: 32.38mg (3.24%), Manganese: 0.06mg (3.12%), Vitamin B3: 0.62mg (3.09%), Vitamin B12: 0.18µg (3.01%), Vitamin B6: 0.06mg (2.88%), Potassium: 77.55mg (2.22%), Iron: 0.38mg (2.13%), Copper: 0.04mg (1.9%), Magnesium: 6.49mg (1.62%), Vitamin C: 1.31mg (1.59%), Fiber: 0.38g (1.54%), Vitamin B2: 0.02mg (1.43%), Calcium: 13.3mg (1.33%), Vitamin E: 0.2mg (1.32%), Vitamin K: 1.16µg (1.1%), Vitamin B1: 0.02mg (1.05%)